

155 BALMORAL AVENUE

Fall Newsletter | September 2025



Key Milestones



Timeline:

2024: Substructure completed

2025: Building envelope, interior and exterior works begin

2026: Grand Opening

Did you know?

- Precast panels are concrete building components, including wall panels, which are manufactured in a factory setting using reusable molds.
- They are then cured in a controlled environment before being transported to the construction site for installation.
- Precast panels can be customized with textures, colours, and patterns to match almost any architectural style.



Pre-cast concrete panels

Construction Updates



- Concrete slabs and columns have been poured for Level 12, which will feature independent living suites with beautiful unobstructed views of the city's skyline. Only one more level to go!
- Precast concrete panels now reaching Level 6 are being fastened around the building's exterior.
- Electrical and plumbing systems are in place all the way up to Level 8.
- Fire-suppressing water sprinklers have been installed up to Level 4.

"Topping Out" Milestone!

This October, we will acknowledge this major construction milestone which marks the completion of the structure. Topping-off ceremonies, also known as topping-out ceremonies, were first introduced to celebrate the completion of a building's highest point. Originally a Scandinavian tradition involving placing a tree atop the structure, the ritual has evolved into a modern milestone marking teamwork and progress in construction. Today, gestures like signing the final beam or sharing a meal with the crew and valued trades are common practice.

We are grateful to our incredible team, including our trade partners who have worked tirelessly over the past two years to keep this exciting re-development running safely and smoothly.

Invaluable Lived Experience



With over 15 years in senior living, **Dan Lewis**, Senior Manager of Residence Development at Amica, plays a key role in selecting thoughtful, community-focused locations for all future presentation centres across Canada. Each location is carefully selected and designed to best reflect Amica's design and brand standards. They represent our gateway to the community until the residence opens.

For Dan, it's about more than just location. "First inspired by seeing my grandparents flourish at Amica, my passion has always been serving seniors," he shares. "I'm grateful to work with such a great team who bring projects like Balmoral to life for future residents and their families." His many years of experience working with Amica and our residents brings a deeper sense of understanding and connection to what matters most – a sense of community and belonging.

From strategic site planning to branded signage to cultivating community partnerships, Dan ensures each Amica development reflects our commitment to empower seniors to live

with flexibility and optimism—especially in their cherished neighbourhoods they've long called home.



24 Hour
Emergency Phone:
1-833-502-6426
Project #AD2212



To make a
project-related inquiry,
please scan this
QR code.

Boosting Brain Power as you Age

At Amica, we recognized World Alzheimer's Month in September by raising awareness and sharing resources to support those affected by dementia.

Did you know?

- There are currently over 650,000 people living with dementia in Canada
- More than 25 different diseases and conditions can cause dementia.
- Alzheimer's disease is the most common cause of dementia.
- By 2030, 1 million Canadians will be living with a form of dementia

What is the healthiest lifestyle possible for the brain?

You can nurture your brain health at any age! While you can't control your age or your genetic makeup, there are plenty of lifestyle choices that enhance mental function, reduce risks to cognitive health, and lower the likelihood of Alzheimer's disease and other forms of dementia. The chart to the right offers smart daily choices to improve your brain health, cognitive abilities, and memory, while potentially lowering your risk of Alzheimer's disease and dementia.

10 BEST WAYS TO KEEP YOUR AGING BRAIN SHARP

Medical experts and scientific researchers agree that smart daily choices can boost your brain health, cognitive abilities and memory and potentially lower your risk of Alzheimer's disease and dementia.

Discover 10 of the most powerful habits.



To learn more or to receive the full Memory Care Guide visit amica.ca



AMICA BRIGHT SPOT

Located at 1360 Yonge Street, Unit 1, (just south of Balmoral Avenue), Balmoral's brand-new presentation centre will provide an in-person, real-life preview of the exceptional services and well-appointed amenities the residence will offer when it reopens in 2026. Sophisticated elements such as rich carpets, luxurious wall coverings and refined stonework will combine to evoke a warm and welcoming ambiance. Stunning architecture, art deco influences, bespoke details and premium finishes are yours to discover. Our Community Relations team is looking forward to welcoming visitors this October.

Visit us on social to see more ways we engage community and each other.



Thank you for your continued patience throughout Balmoral's redevelopment. When we reopen, this beautifully designed retirement residence will offer seniors expansive views, well-appointed amenities, exceptional service and three levels of care to better serve you in the Deer Park neighbourhood you love.

In the meantime, if you have any questions about Amica, please contact our Community Relations Team at **416-927-0055**.

AMICA
SENIOR LIFESTYLES